

ABSTRACT OF THE DISCLOSURE

A heart rate monitor provides a display of the user's heart rate range or zone, by displaying a color homogeneously and uniformly across a display field on the device. The heart rate monitor is thus much more easily read and interpreted by a person engaged in vigorous exercise than monitors having relatively small digital numerical displays. The colors may be keyed mnemonically to assist the user in interpreting the display, and/or the user may program the device to display specific colors according to the level of the user. Certain variables, e.g., age and gender of the user, may be input as desired in order to provide greater accuracy for the device. The present heart rate monitor may be configured as a portable device to be worn by the user, or as a device installed with a stationary exercise machine, e.g. treadmill, etc.